

You may need to read this leaflet again.
Please do not throw it away until you have finished the herbal product.

GOOD SLEEP III

Supports the body's self-healing process to soothe poor sleep associated with two or more of the following:

- Difficulty sleeping / Waking up early with irritability
- Sleeplessness
- Dry mouth, lips, or throat, easily thirsty

Usage guideline for Good Sleep III:

Adult only. Take 2 capsules after dinner. If sensitive to this formula, reduce to 1 capsule. If there is no noticeable benefit, increase to 3 or 4 capsules until there is a stable effect, then revert to 2 capsules.

Course: One month. Take a one-month break before starting the next course if needed.

If your conditions are among **Good Sleep I, II, III and IV**, alternate between them for the best results:



Alternate the four formulas above (each for 5 days) and continue this cycle until finished, then take a one-to-two-month break before starting the next course if needed. If there is poor digestion/bloating/loose bowel movement, take **Better Digestion** first.

To maintain your good sleep quality after finishing the course of above cycles:



Alternate **Energy Support II** (7 days) with **Better Digestion** (3 days) and continue for 2 cycles.

Special precaution:

- Do not combine with sedative medication.

Health suggestions during usage of Good Sleep III:

- Take a relaxing 15-minute walk before bed.